

***In the Claims:*****The pending claims are as follows:**

1. (Previously Amended) A wrist-worn timepiece module comprising:
  - (a) a power source;
  - (b) a voltage step-up circuit coupled to said power source;
  - (c) a control unit coupled to said power source and step-up circuit, said control unit having a controller, a timer unit; and an output;
  - (d) a driver coupled to the control unit output; and
  - (e) a flexible bi-stable display coupled to the driver, said display comprising a plurality of encapsulated display elements;  
wherein the controller switches periodically and directs a stepped-up voltage from said circuit momentarily powering said display.
2. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said display is momentarily powered no more than once per minute.
3. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said display is momentarily powered no more than twice a minute.
4. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said display is momentarily powered no more than three times a minute.
5. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said display is momentarily powered no more than ten times a minute.
6. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said bi-stable display is an electrophoretic display.
7. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said bi-stable display is a gyricon display.
8. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said bi-stable display is flexible.

9. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said bi-stable display is invertable.
10. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said display comprises a plurality of addressable segments.
11. (Previously Amended) The wrist-worn timepiece module of Claim 9 wherein said invertable display can display a dark segment on a light background.
12. (Previously Amended) The wrist-worn timepiece module of Claim 9 comprises a driver that can invert the display to display a light segment on a dark background.
13. (Previously Amended) The wrist-worn timepiece module of Claim 9 wherein the controller inverts the display at a predetermined rate.
14. (Previously Amended) The wrist-worn timepiece module of Claim 9 wherein a user can selectively invert the display.
15. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said power source is a battery.
16. (Previously Amended) The wrist-worn timepiece module of Claim 15 wherein said battery is rated at no greater than 3 volts.
17. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said power source comprises a solar cell.
18. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said power source comprises a mechanical source.
19. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said power source is a thermal source.
20. (Previously Amended) The wrist-worn timepiece module of Claim 1 further comprises a light source adjacent to the bi-stable display, wherein said display is reflective and wherein said light source illuminates the display.

21. (Previously Amended) The wrist-worn timepiece module of Claim 20 wherein said light source is an LED.

22. (Previously Amended) The wrist-worn timepiece module of claim 20 wherein said light source is an EL.

23. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said bi-stable display is bi-chromatic.

24. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said bi-stable display is poly-chromatic.

25. (Previously Amended) The wrist-worn timepiece module of Claim 1 wherein said voltage step-up circuit comprises a series of cascading diodes.

26. (Previously Amended) A wrist-worn timepiece module comprising:

- (a) a power source;
- (b) a voltage step-up circuit coupled to said power source;
- (c) a control unit coupled to said power source and step-up circuit, said control unit having a controller, a timer unit; and an output;
- (d) a driver coupled to the control unit output; and
- (e) a flexible bi-stable display coupled to the driver, said display comprising a plurality of encapsulated display elements; wherein the controller periodically directs a stepped-up voltage from said step-up circuit to said display, thereby momentarily powering said display; and
- (f) a light source adjacent to the bi-stable display, wherein said display is reflective and wherein said light source illuminates the display.

27. (Previously Amended) The wrist-worn timepiece module of Claim 26 wherein said light source is an LED.

28. (Previously Amended) The wrist-worn timepiece module of claim 26 wherein said light source is an EL.

29. (Previously Amended) The wrist-worn timepiece module of Claim 26 wherein said display is an electrophoretic display.

30. (Previously Amended) The wrist-worn timepiece module of Claim 26 wherein said display is a gyaticon display.

31. (Previously Amended) The wrist-worn timepiece module of Claim 26 wherein said bi-stable display is optimized to maintain a state for no less than one minute.

32. (Previously Amended) The wrist-worn timepiece module of Claim 26 wherein said voltage step-up circuit comprises a series of cascading diodes.

33. (Previously Amended) A wrist-worn timepiece module comprising:

- (a) a power source;
- (b) a voltage step-up circuit coupled to said power source;
- (c) a control unit coupled to said power source and step-up circuit, said control unit having a controller, a timer unit; and an output;
- (d) a driver coupled to the control unit output; and
- (e) a flexible bi-stable display having an invertable display, and coupled to the driver, said display comprising a plurality of encapsulated display elements;

wherein the controller switches periodically and directs a stepped-up voltage from said circuit momentarily powering said display, and wherein said control unit has an alarm that triggers the inversion of the display.

34. (Previously Amended) The wrist-worn timepiece module of Claim 33 wherein said display is invertable between a first state and a second state.

35. (Previously Amended) The wrist-worn timepiece module of Claim 33 wherein said invertable display can display a dark segment on a light background.

36. (Previously Amended) The wrist-worn timepiece of Claim 33 wherein the driver inverts the display at a predetermined rate.